

**2000-2010 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 27: Consumption of More than One Serving of High Calorie, Low Nutrient Foods and Beverages Among California Adolescents**

Yesterday did you eat any pastries, such as doughnuts, danish, sweet rolls, muffins, croissants, or pop-tarts?

Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?

Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?

Yesterday did you eat any sweet snacks such like cake, pie, cookies, or brownies?

Yesterday did you eat any candy bars or packages of candy?

Yesterday, how many servings of regular soda (cola, lemon-lime) or sweetened beverages like Snapple, Kool-Aid, Arizona, Red Bull, Rockstar or Sobe did you drink?

|   | Reported Consumption of More than One Serving <sup>1</sup> of High Calorie, Low Nutrient Food or Beverage, Percent of Adolescents |       |       |       |       |       |       | Trend Analysis |        |        |        |       |        |        |
|---|---|-------|-------|-------|-------|-------|-------|----------------|--------|--------|--------|-------|--------|--------|
|   | 2000  | 2002  | 2004  | 2006  | 2008  | 2010  | 2012  | 00-02          | 02-04  | 04-06  | 06-08  | 08-10 | 10-12  | 00-12  |
| <b>Total</b>                              | 73.2%   | 69.2% | 65.1% | 60.3% | 55.6% | 52.7% | 50.3% | -4.0%          | -4.1%  | -4.8%  | -4.7%  | -2.9% | -2.4%  | -22.9% |
| <b>Gender</b>                             |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| Male                                      | 75.8%   | 69.2% | 68.1% | 63.9% | 55.4% | 55.8% | 50.0% | -6.6%          | -1.1%  | -4.2%  | -8.5%  | 0.4%  | -5.8%  | -25.8% |
| Female                                    | 70.4%   | 69.1% | 61.9% | 56.4% | 55.7% | 49.3% | 50.5% | -1.3%          | -7.2%  | -5.5%  | -0.7%  | -6.4% | 1.2%   | -19.9% |
| <b>Ethnicity</b>                          |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| White                                     | 72.4%   | 65.0% | 61.5% | 56.2% | 46.2% | 45.3% | 45.9% | -7.5%          | -3.5%  | -5.3%  | -10.1% | -0.8% | 0.6%   | -26.5% |
| African American                          | 82.2%   | 86.3% | 81.6% | 72.7% | 66.6% | 57.0% | 54.6% | 4.1%           | -24.7% | 11.1%  | -6.1%  | -9.6% | -2.4%  | -27.6% |
| Latino                                    | 72.6%   | 68.9% | 68.5% | 63.6% | 59.2% | 56.6% | 57.3% | -3.7%          | -0.4%  | -5.0%  | -4.3%  | -2.7% | 0.7%   | -15.3% |
| Asian/ Other                              | 72.1%   | 74.8% | 67.1% | 55.3% | 64.9% | 58.8% | 34.5% | 2.8%           | -7.8%  | -11.8% | 9.6%   | -6.1% | -24.3% | -37.6% |
| <b>CalFresh Status, % FPL<sup>2</sup></b> |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| Participant,                              |   |       |       | 56.9% | 59.2% | 56.7% | 60.4% |                |        |        | 2.3%   | -2.5% | 3.7%   |        |
| Likely Eligible, ≤130                     |   |       |       | 64.0% | 59.7% | 56.8% | 57.7% |                |        |        | -4.3%  | -2.9% | 0.8%   |        |
| Not Eligible, >185                        |   |       |       | 58.7% | 52.3% | 48.7% | 40.8% |                |        |        | -6.5%  | -3.6% | -7.8%  |        |
| <b>Smoking Status</b>                     |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| Non-Smoker                                | 72.9%   | 69.3% | 65.1% | 59.1% | 55.6% | 51.8% | 49.9% | -3.6%          | -4.3%  | -6.0%  | -3.5%  | -3.8% | -1.9%  | -23.0% |
| Smoker                                    | 77.3%   | 67.0% | 65.9% | 85.4% | 49.7% | 65.3% | 63.2% | -10.3%         | -1.1%  | 19.5%  | -35.7% | 15.6% | -2.1%  | -14.1% |
| <b>Overweight Status</b>                  |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| Not Overweight                            | 72.7%   | 70.8% | 65.1% | 60.7% | 55.7% | 54.6% | 50.7% | -1.9%          | -5.7%  | -4.4%  | -5.1%  | -1.1% | -3.9%  | -22.0% |
| Overweight/Obese                          | 73.8%   | 66.5% | 66.6% | 59.2% | 53.3% | 48.4% | 47.8% | -7.4%          | 0.1%   | -7.4%  | -5.9%  | -4.9% | -0.6%  | -26.0% |
| <b>Physical Activity</b>                  |   |       |       |       |       |       |       |                |        |        |        |       |        |        |
| Regular                                   | 73.4%   | 70.8% | 66.3% | 58.8% | 54.7% | 51.3% | 50.4% | -2.6%          | -4.5%  | -7.5%  | -4.1%  | -3.4% | -1.0%  | -23.0% |
| Irregular                                 | 72.3%   | 63.2% | 61.7% | 64.1% | 58.7% | 54.8% | 49.9% | -9.1%          | -1.6%  | 2.4%   | -5.4%  | -3.9% | -4.9%  | -22.4% |

<sup>1</sup> Each report of "any" was counted as one serving.

<sup>2</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

|            |
|------------|
| * p<.05    |
| ** p<.01   |
| *** p<.001 |

**1998-2012 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 68: Mean Servings of Soda and Sugar-Sweetened Beverages Consumed on the Previous Day by California Adolescents**

Yesterday how many cans or glasses of diet soda or diet sweetened carbonated beverage like sugar free Snapple, Kool-Aid, Arizona, or Sobe did you drink?

|   | Mean Servings of Soda or Sweetened Beverages |      |      |      |      |      |      |       |       |       |       |       |       |       |
|---|--|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|
|   | 2000   | 2002 | 2004 | 2006 | 2008 | 2010 | 2012 | 00-02 | 02-04 | 04-06 | 06-08 | 08-10 | 10-12 | 00-12 |
| <b>Total</b>                              | 1.3  | 1.4  | 1.2  | 1.1  | 0.8  | 0.7  | 0.7  | 0.1   | -0.2  | -0.1  | -0.3  | -0.1  | -0.1  | -0.6  |
| <b>Gender</b>                             |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| Male                                      | 1.6  | 1.6  | 1.3  | 1.4  | 0.9  | 0.9  | 0.7  | 0.0   | -0.2  | 0.0   | -0.5  | 0.0   | -0.1  | -0.9  |
| Female                                    | 1.0  | 1.2  | 1.0  | 0.9  | 0.8  | 0.6  | 0.6  | 0.2   | -0.2  | -0.2  | -0.1  | -0.2  | 0.0   | -0.4  |
| <b>Ethnicity</b>                          |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| White                                     | 1.3  | 1.3  | 1.1  | 1.0  | 0.6  | 0.7  | 0.6  | 0.0   | -0.2  | 0.0   | -0.4  | 0.1   | -0.1  | -0.7  |
| African American                          | 1.1  | 1.9  | 1.3  | 1.3  | 1.1  | 1.0  | 0.8  | 0.9   | -0.6  | 0.0   | -0.2  | -0.1  | -0.2  | -0.3  |
| Latino                                    | 1.4  | 1.4  | 1.3  | 1.2  | 1.0  | 0.8  | 0.8  | 0.1   | -0.1  | -0.1  | -0.2  | -0.2  | 0.0   | -0.5  |
| Asian/ Other                              | 1.6  | 1.3  | 1.2  | 1.0  | 0.7  | 0.5  | 0.4  | -0.3  | -0.2  | -0.1  | -0.3  | -0.2  | -0.2  | -1.3  |
| <b>CalFresh Status, % FPL<sup>1</sup></b> |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| Participant,                              |  |      |      | 1.0  | 1.1  | 0.9  | 0.9  |       |       |       | 0.1   | -0.2  | 0.0   |       |
| Likely Eligible, ≤ 130%                   |  |      |      | 1.3  | 1.1  | 0.8  | 0.8  |       |       |       | -0.1  | -0.3  | 0.1   |       |
| 185%                                      |  |      |      | 1.3  | 0.0  | 0.0  | 0.0  |       |       |       | -1.3  | 0.0   | 0.0   |       |
| Not Eligible, >185%                       |  |      |      | 1.1  | 0.6  | 0.7  | 0.5  |       |       |       | -0.5  | 0.1   | -0.2  |       |
| <b>Smoking Status</b>                     |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| Non-Smoker                                | 1.3  | 1.3  | 1.1  | 1.1  | 0.8  | 0.7  | 0.7  | 0.1   | -0.2  | 0.0   | -0.3  | -0.1  | -0.1  | #REF! |
| Smoker                                    | 2.0  | 2.0  | 2.2  | 1.7  | 1.2  | 1.2  | 1.2  | 0.0   | 0.2   | -0.5  | -0.5  | 0.0   | 0.0   | #REF! |
| <b>Overweight Status</b>                  |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| Not Overweight                            | 1.4  | 1.3  | 1.1  | 1.1  | 0.8  | 0.7  | 0.6  | 0.0   | -0.2  | 0.0   | -0.3  | -0.1  | -0.1  | -0.7  |
| Overweight/Obese                          | 1.2  | 1.6  | 1.5  | 1.2  | 0.9  | 0.9  | 0.8  | 0.4   | -0.1  | -0.2  | -0.3  | 0.0   | -0.1  | -0.4  |
| <b>Physical Activity</b>                  |  |      |      |      |      |      |      |       |       |       |       |       |       |       |
| Regular                                   | 1.3  | 1.4  | 1.2  | 1.2  | 0.8  | 0.8  | 0.6  | 0.1   | -0.3  | 0.0   | -0.4  | 0.0   | -0.1  | -0.7  |
| Irregular                                 | 1.4  | 1.1  | 1.3  | 1.0  | 1.0  | 0.7  | 0.8  | -0.3  | 0.1   | -0.2  | -0.1  | -0.3  | 0.1   | -0.6  |

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

\* p<.05  
 \*\* p<.01  
 \*\*\* p<.001

**2000-2012 California Teen Eating, Exercise, and Nutrition Survey**

**Trend Table 69: Proportion of California Adolescents Reporting Drinking Soda or Sweetened Beverages on the Previous Day**

Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona or Sobe did you drink?

|   | Reported One or More Soda or Sweetened Beverage Yesterday,<br>Percent of Adolescents |       |       |       |       |       |       | Trend Analysis |        |       |        |        |       |        |
|---|--|-------|-------|-------|-------|-------|-------|----------------|--------|-------|--------|--------|-------|--------|
|   | 2000   | 2002  | 2004  | 2006  | 2008  | 2010  | 2012  | 00-02          | 02-04  | 04-06 | 06-08  | 08-10  | 10-12 | 00-12  |
| <b>Total</b>                              | 67.6%  | 69.6% | 62.3% | 59.8% | 49.5% | 44.2% | 46.3% | 2.0%           | -7.3%  | -2.6% | -10.3% | -5.3%  | 2.1%  | -21.3% |
| <b>Gender</b>                             |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| Male                                      | 75.6%  | 71.9% | 67.5% | 69.1% | 51.0% | 48.3% | 50.9% | -3.6%          | -4.4%  | 1.7%  | -18.1% | -2.7%  | 2.6%  | -24.7% |
| Female                                    | 59.1%  | 67.1% | 56.9% | 49.8% | 47.9% | 39.9% | 41.5% | 8.0%           | -10.2% | -7.1% | -1.9%  | -8.0%  | 1.6%  | -17.6% |
| <b>Ethnicity</b>                          |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| White                                     | 65.0%  | 65.0% | 59.3% | 54.0% | 39.8% | 38.9% | 40.3% | 0.0%           | -5.7%  | -5.3% | -14.1% | -0.9%  | 1.3%  | -24.7% |
| African American                          | 58.9%  | 82.4% | 73.3% | 67.6% | 54.1% | 44.6% | 45.5% | 23.5%          | -9.1%  | -5.7% | -13.6% | -9.5%  | 0.9%  | -13.3% |
| Latino                                    | 73.1%  | 71.2% | 66.7% | 63.4% | 60.1% | 50.9% | 54.5% | -1.9%          | -4.5%  | -3.3% | -3.3%  | -9.2%  | 3.6%  | -18.6% |
| Asian/ Other                              | 66.8%  | 74.0% | 52.7% | 61.2% | 43.3% | 39.4% | 31.8% | 7.1%           | -21.3% | 8.5%  | -17.9% | -3.9%  | -7.5% | -35.0% |
| <b>CalFresh Status, % FPL<sup>1</sup></b> |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| Participant,                              |  |       |       | 53.3% | 61.4% | 55.9% | 51.7% |                |        |       | 8.0%   | -5.4%  | -4.2% |        |
| Likely Eligible, ≤130                     |  |       |       | 67.4% | 63.4% | 44.7% | 57.9% |                |        |       | -4.0%  | -18.7% | 13.2% |        |
| Not Eligible, >185                        |  |       |       | 57.8% | 39.2% | 38.0% | 36.6% |                |        |       | -18.7% | -1.2%  | -1.4% |        |
| <b>Smoking Status</b>                     |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| Non-Smoker                                | 67.0%  | 69.0% | 61.8% | 59.4% | 49.3% | 43.2% | 46.0% | 2.0%           | -7.2%  | -2.4% | -10.1% | -6.1%  | 2.9%  | -21.0% |
| Smoker                                    | 74.7%  | 79.4% | 72.6% | 68.8% | 48.3% | 60.2% | 55.8% | 4.8%           | -6.8%  | -3.8% | -20.5% | 11.8%  | -4.4% | -18.9% |
| <b>Overweight Status</b>                  |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| Not Overweight                            | 67.1%  | 68.9% | 60.0% | 57.2% | 48.2% | 42.7% | 44.8% | 1.8%           | -8.9%  | -2.8% | -9.1%  | -5.4%  | 2.0%  | -22.3% |
| Overweight/Obese                          | 67.8%  | 73.3% | 67.8% | 65.9% | 54.1% | 48.3% | 49.2% | 5.5%           | -5.5%  | -2.0% | -11.8% | -5.8%  | 0.9%  | -18.6% |
| <b>Physical Activity</b>                  |  |       |       |       |       |       |       |                |        |       |        |        |       |        |
| Regular                                   | 67.9%  | 70.3% | 62.4% | 59.6% | 48.1% | 44.1% | 45.2% | 2.3%           | -7.8%  | -2.8% | -11.6% | -4.0%  | 1.1%  | -22.7% |
| Irregular                                 | 66.4%  | 67.0% | 62.0% | 60.2% | 54.5% | 44.4% | 50.2% | 0.6%           | -5.1%  | -1.8% | -5.7%  | -10.0% | 5.7%  | -16.2% |

<sup>1</sup> Survey respondents between 130-185% FPL omitted from analysis due to insufficient sample size.

\* p<.05

\*\* p<.01

\*\*\* p<.001